

LAB
 said intermediate layer being connected to said
 uppermost layer and to said bottom layer by a hot melt adhesive
 to define a stack of three layers, C

Fischer
 col 4, line 6-12

col 3, line 65
 the uppermost layer in said stack of layers including
 a top surface on which the exercising and sports conditioning is
 performed,

Abstract col 1, line 14-16
 the intermediate layer being comprised of a shock
 absorbing material having a quick recovery memory so that it will
 absorb the impact of a jump to minimize the likelihood of injury
 and return to its pre-impact configuration during rapid
 repetitions while returning to its unloaded state during rapid
 and repeated high impact exercises,

col 4, lines
 46-50

col 5, line 28
 the bottom layer having a bottom surface which resists
 sliding on the surface which supports said mat so that said mat
 will not slide from under an exerciser who will otherwise fall
 and risk serious injury, and

Blum - Abstract

Bowstrom Fig 3
 col 4, line 1
 a plurality of indicia on said top surface, said indicia
 defining a plurality of locations for foot placement before and
 after jumping routines in exercising and sport conditioning.

46. The mat described in claim 45 wherein *case*

said mat has the dimensions of about 42 inches wide by about 42 inches long.

47. The mat described in claim 46 wherein *case*

said mat is about one half inch thick.

48. The mat described in claim 47 wherein *case*

said mat weighs in the range of about 4.5 to about 5.5 pounds.

49. The mat described in claim 45 wherein

said plurality of indicia on said top surface define inner and outer rectangular polygons, *Lucy Jr. Abstract*

the distance across said outer rectangular polygon in at least one direction is about eighteen inches, and *case*

the distance between said inner and outer rectangular polygons is about the width of the foot of an exerciser. *case*

50. The mat described in claim 45 wherein

said top layer is comprised of polyvinyl chloride. *case*

51. The mat described in claim 45 wherein

said intermediate layer is comprised of closed elastomeric cell foam. *check ref. case H*

52. The mat described in claim 51 wherein

said intermediate layer is comprised of nitrile butadiene rubber/vinyl-nitrile elastomeric foam. *case*

53. The mat described in claim 45 wherein

said bottom layer is comprised of plasticized vinyl coated scrim. *case*

54. First and second exercising and sports conditioning mats which assist in instructing and demonstrating the correct performance of exercise routines to contribute toward maximizing their benefit while minimizing the likelihood of injury because of the impact of landing after jumping wherein:

each of said mats<sup>Brook 5
col 2, line 59-63</sup> comprises a plurality of layers,

means for connecting said layers to each other to define a stack of layers, Fischer

the uppermost layer in said stack of layers including a top surface on which the exercising and sports conditioning is performed, Brook

an intermediate layer comprised of material that will absorb the impact of a jump and thereby minimize the likelihood of injury, Harish.

both of said mats include a front end and a rear end, Brook 2, line 39-40
col 4, line 58-60-64

a rectangular polygon on each of said mats,
col 2, line 5-10

first and second identical pluralities of mutually distinctive components, one of said pluralities being on said top surface each of said mats for defining locations on each mat for foot placement before and after jumping routines in exercising and sport conditioning, col 2, line 5-10

some of said components in one of said pluralities being at said rear end of one of said mats, and said identical components being at said front end of said other mat, and Case - location

col 4, line 60-64

the rest of said components in said one plurality being
 at said front end of said one mat, and said identical components
 are at said rear end of said other mat,

Corr

said mats being arranged so that the front ends of each
 mat are facing each other and the rear ends of each of said mats
 are facing away from each other so that exercisers can face each
 other and match their foot movements while exercising.

55. An exercising and sports conditioning mat which
 assists in correct performance of exercise routines to contribute
 toward maximizing their benefit while minimizing their likelihood
 of injury because of the impact of landing after jumping wherein:

said mat is between about 1/30 and one half inch thick,
 weighs about 4.5 to 5.5 pounds and is about 42 inches wide by
 about 42 inches long,

*Break
 at 3, dim 65-67
 wey, 2 13-15*

said mat being comprised of three layers that are
 connected to each other to define a stack of layers,

Harish

the uppermost layer in said stack of layers including
 a top surface on which the exercising and sports conditioning is
 performed, said top surface being comprised of a material that
 facilitates exercises including the actions of pivoting, jumping,
 sliding and running,

the intermediate layer being comprised of a shock absorbing material having a quick recovery memory so that it will absorb the impact of a jump to minimize the likelihood of injury and return to its pre-impact configuration during rapid repetitions while returning to its unloaded state during rapid and repeated high impact exercises,

said exercising and sports conditioning being performed on said top surface, and

indicia on said top surface for defining a plurality of locations for foot placement before and after jumping routines in exercising and sport conditioning, and

a bottom layer, said bottom layer having a bottom surface that resists sliding on the surface which supports said mat so that said mat will not slide from under an exerciser who will otherwise fall and risk serious injury, said bottom layer being substantially the same size as said intermediate layer and being connected to said intermediate layer by a hot melt adhesive.

56. The mat described in claim 55 wherein:

said top layer is comprised of polyvinyl chloride.

Brook
at 1 line
32-35